



How To Be Prepared

Q: How can I take care of my family if a terrorism attack occurs?

A. Terrorism doesn't mean you have to change your life-it just means you need to be prepared. Whether a disaster is natural or human-made, it's important to be prepared. Meet with your family and discuss why you need to be prepared for a disaster, and work together to prepare a family disaster plan.

- Discuss the type of hazards that could affect your family
- Determine escape routes from your home and places to meet. Pick places for your family to meet outside your home in case of a sudden emergency, like a fire, or outside your neighborhood if you can't return home.
- Have an out-of-state friend or relative as the family contact, so all your family members have a single point of contact. Family members need to call this family contact to let them know where they are in the event you cannot be together.
- Make a plan now for what to do with your pets if you need to evacuate.
- Post emergency telephone numbers by your phones, in your wallet or purse and make sure your children know how and when to call 911.
- Stock nonperishable emergency supplies and a disaster supply kit. (Source: American Red Cross)

There are six basics you should stock for your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and special items. Keep the items in an easy-to carry container, such as a covered trash container, backpack, or duffle bag.

Water

- Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.
- Store one gallon of water per person per day.
- Keep at least a three-day supply of water per person (two quarts for drinking, two quarts for each person in your household for food preparation/sanitation).

Food

- Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight. Include a selection of the following foods in your

Disaster Supplies Kit:

- Ready-to-eat canned meats, fruits, and vegetables
- Canned juices
- Staples (salt, sugar, pepper, spices, etc.)
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods

First Aid Kit

Assemble a first aid kit for your home and one for each car.

- Sterile adhesive bandages in assorted sizes
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pairs)
- Sunscreen
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Triangular bandages (3)
- Non-prescription drugs
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant

Non-Prescription Drugs

- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)

Tools and Supplies

- Mess kits, or paper cups, plates, and plastic utensils
- Emergency preparedness manual
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Fire extinguisher: small canister ABC type
- Tube tent
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)

Sanitation

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

Clothing and Bedding

Include at least one complete change of clothing and footwear per person.

- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves
- Thermal underwear
- Sunglasses

Special Items

- Remember family members with special requirements, such as infants and elderly or disabled persons

For Baby

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

For Adults

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses

Entertainment

- Games and books

Important Family Documents

- Keep these records in a waterproof, portable container:
 - Will, insurance policies, contracts deeds, stocks and bonds
 - Passports, social security cards, immunization records
 - Bank account numbers
 - Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers

- Family records (birth, marriage, death certificates)
- Store your kit in a convenient place known to all family members. Keep a smaller version of the supplies kit in the trunk of your car.
- Keep items in airtight plastic bags. Change your stored water supply every six months so it stays fresh. Replace your stored food every six months. Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications.

Q: Is there anything else I can do?

A: Be aware of anything suspicious. That means being sensitive to your environment, which means watching for:

- Someone attempting to gain access to something they shouldn't have or somewhere they don't belong
- Strange or frequent comings and goings
- Someone who seems to be concealing something
- Suspicious mail or packages
- People conducting themselves in a strange or inappropriate manner or making strange requests

Call your local law enforcement or 911 if you notice anything suspicious.

Q: How do I prepare with regard to children?

A: The American Red Cross has information available regarding the care of children during emergencies and disasters. Visit them at: <http://www.redcross.org/services/disaster/beprepared/forchildren.html>

Q: How do I prepare for the care of my pets, farm animals?

A: The American Red Cross has information available for the care of pets, including information regarding our pets, pet first-aid, and farm animals. Visit them at: <http://www.redcross.org/services/disaster/beprepared/animalsafety.html>

Q: How do I prepare for special needs, such as the elderly or disabled?

A: The American Red Cross has information available for the care of the elderly and disabled. Visit them at: <http://www.redcross.org/services/disaster/beprepared/disability.html>

Q: Where can I find information on "Shelter-in-place"?

A: The American Red Cross has information available regarding shelter-in-place in an emergency. Visit them at: <http://www.redcross.org/services/disaster/beprepared/shelterinplace.html>

Adapted from information provided by the State of Iowa's Homeland Security website
(<http://www.iowahomelandsecurity.org/bePrepared.htm>)